

RationalMed

Promoting healthier outcomes by improving medication safety

The use of prescription medications can be an effective way for many people to maintain or improve their health. This makes medication safety essential for Medical Mutual's members.

Medication safety is not just about taking the right dose of the right medication for a condition. It also means preventing adverse reactions by making sure a medication does not negatively interact with other conditions a patient might have or with other medications or over-the-counter products a patient is taking. Did you know...

- Prescription medications are the first choice of therapy for more than 88 percent of patients with chronic or complex diseases.
- Adverse drug events, such as negative drug-to-disease or drug-to-drug interactions, cost more than \$3.5 billion in U.S. hospitals each year.¹
- Patients with chronic and complex diseases represent 50 percent of the U.S. population, 96 percent of the drug costs and 75 percent of the medical expenses in the U.S.

Medical Mutual's comprehensive medical and pharmacy benefits package helps ensure our members' safety and well-being. Our dedicated pharmacists, nurses, business analysts and client support specialists work with our pharmacy benefit manager to integrate all aspects of a member's drug therapy management with other healthcare management initiatives. This helps ensure the member's care is aligned across both prescription drug and medical benefits.

Enhancing member safety with RationalMed

One of the tools we use to ensure our members' medication safety is RationalMed. RationalMed looks at a member's comprehensive medical record, including medical and pharmacy claims data and lab results, to identify safety and health risks. The program then alerts the member's doctor and pharmacist of potential concerns. This can help reduce the risk of adverse drug interactions, omission of care and/or hospitalization.

RationalMed encourages:

- Safer use of appropriate medications
- Improved medication adherence
- Better coordination of care
- Lower total pharmacy and medical costs

¹ Pan J, Mays R, Kane-Gill S, Albert, NM. Published Costs of Medication Errors Leading to Preventable Adverse Drug Events in US Hospitals. ISPOR 20th Annual Meeting, Philadelphia, May 18-20, 2015. Abstract #PHP73.

Note: While there is an additional fee to enroll in RationalMed, it has consistently produced savings of \$0.40 per member per month. RationalMed may also help members avoid extra costs associated with emergency room visits and disease complications.

Example

A 43-year-old male with a history of asthma received 25 rescue inhalers over 12 months with no inhaled corticosteroid for maintenance therapy.

- Inhaled corticosteroids are first-line medications that reduce the risk of exacerbations and hospitalizations in patients with poorly controlled asthma.
- RationalMed identified both the overutilization and treatment omission and recommended the use of an inhaled corticosteroid, if clinically appropriate.
- Patient was prescribed an inhaled corticosteroid, which reduced his need for rescue inhalers and improved his quality of life.

For more information

To learn more about RationalMed or enroll, please contact your broker or Medical Mutual Sales representative